

12 Teen/Adult Activities

Intro to Karate & Kung Fu (5 Classes)

AGE: 13 yrs to adult

FEE: \$100 Residents, \$120 Non-residents

Fee includes uniform and manual.

LOCATION: United Studios of Self Defense, 2043 Ralston Ave., Belmont (Carlmont Shopping Center)

INSTRUCTOR: USSD Staff

Teens will develop good self-defense skills, greater confidence, better physical condition, as well as sharper mental discipline ability. Have fun and feel better in this 5-week basic course for students who have not taken self defense before. (No class 10/31 or 12/26).

2258.301	M	6:30-7:15pm	9/9 - 10/7
2258.302	M	6:30-7:15pm	10/14 - 11/11
2258.303	M	6:30-7:15pm	11/18 - 12/16
2258.304	Th	6:30-7:15pm	9/12 - 10/10
2258.305	Th	6:30-7:15pm	10/17 - 11/21
2258.306	Th	6:30-7:15pm	12/5 - 1/9

Learn to Scuba Dive

AGE: 10 yrs- Adult

FEE: \$175 Res, \$210 Non-res. includes class, pool, ocean instruction. Gear rental discounted.

LOCATION: King Pool- San Mateo, Dive Center-San Bruno, Ocean dives - Monterey

INSTRUCTOR: Bill Oakes, Calif. Dive Center

More info on website: www.cadive.com

Learning to dive is fun and easy; learn in one weekend in an accelerated class. During the course you will practice and master skills to be a proficient diver. You will train one weekend in a pool and in the classroom.

Open Water dives will be the following weekend. Course fee includes all classroom, pool and ocean instruction, certification fees and cards. all knowledge

reviews and video viewing must be complete prior to the first night of class. Rental gear available at class discount. Personal gear required for the class is

mask, snorkel, scuba fins, boots, gloves, PADI

OpenWater crewpak and video. All knowledge reviews

must be completed and video viewed prior to the first night of class. **1st night is orientation at the California**

Dive Center, 715 El Camino Real, San Bruno

Friday evening 6-9pm, Saturday & Sunday ,

8am -6pm at King Pool, 725 Monte Diablo, San Mateo-
schedule will be given at orientation.

1127.301 - 9/20- 6-9pm - Orientation-Dive Center;

9/21, 22 - 8am 6pm, 9/28,29-Monterey

1127.302 - 10/18 - Orientation-Dive Center

10/19,20 - 8am - 6pm, 10/26,27 - Monterey

1127.303 - 11/8-Orientation-Dive Center;

11/9,10 - 8am - 6pm; 11/16,17-Monterey

Rock Climbing Beginning Lesson (1 class)

AGE: 14 yrs & up

FEE: \$54 Res., \$64 Non-res.

LOCATION: Belmont Planet Granite

INSTRUCTOR: Planet Granite staff

Try one of today's most exciting, challenging and rewarding sports! Learn the basics of rock climbing and rope technique in a one hour introductory class, then spend the day climbing the walls! Fee includes a one day pass, and rental for a return visit. Good even for one person; there's a listing of people in the gym to climb with!

2225.301	T	6:30 - 7:30pm	Sep 17
2225.302	T	6:30 - 7:30pm	Oct 8

Flower Power (1 Class)

AGE: 16-over, or age 10 -15 with parent

FEE: \$20 - Residents, \$22 - Non-residents

LAB FEE: \$12 payable to Instructor at class

LOCATION: Crane Room, Rec Center, Foster City

INSTRUCTOR: Karen Chen

Love flowers? Dress up your desk or table with flower pens, made from ordinary ballpoint pens. First we'll make a bouquet of fabric flower pens, then we'll 'plant' them in a charming flower pot to decorate and take home, or give as a gift. Enjoy this with a friend, or a parent/child fun time.

2311.301	Th	7-9pm	October 10
----------	----	-------	------------

Easy Handmade Decorative Soaps (1 Class)

AGE: 16-over, or age 10 with parent

FEE: \$30 - Residents, \$36 - Non-residents

LAB FEE: \$15 payable to Instructor at class

LOCATION: Bluebird Room, Rec Center, Foster City

INSTRUCTOR: Karen Chen

Love decorative soaps but hate the cost? Learn how to create original designs for a fraction of the cost of buying them. You'll transform glycerin soap and simple decorative materials into unique soaps with variety of colors, shapes, scents and eye-catching 'floating' objects. Then learn to package your masterpiece for presentation. Feel free to bring your own measuring cup, spices, herbs, mold shapes, cookie cutters.

2311.302	Sat	9:30am - 12:30pm	October 19
----------	-----	------------------	------------